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INControl *Diabetes*

DIABETES PREVENTION AND CONTROL PROGRAM MISSION:

TO REDUCE THE BURDEN OF DIABETES IN INDIANA THROUGH DATA SURVEILLANCE, HEALTH COMMUNICATIONS, HEALTHY SYSTEMS DEVELOPMENT, AND DEVELOPMENT AND IMPLEMENTATION OF COMMUNITY INTERVENTIONS AND PROGRAMS.

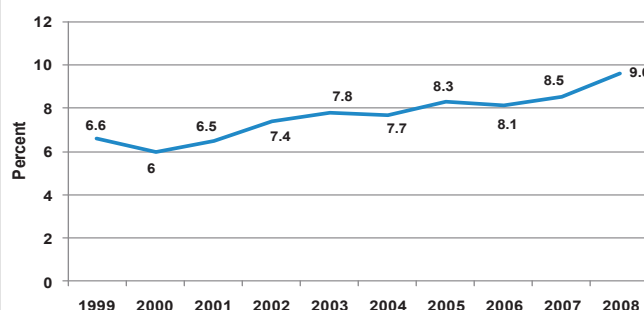
ISDH Releases Report on Diabetes Morbidity and Mortality

The Indiana State Department of Health's Diabetes Prevention and Control Program has just released a diabetes burden report, entitled "*Diabetes in Indiana: A Report on Diabetes Morbidity and Mortality.*" The report provides a comprehensive overview of diabetes trends and statistics in Indiana and highlights risk factors and complications of the disease, along with options for treatment and the prevention of complications.

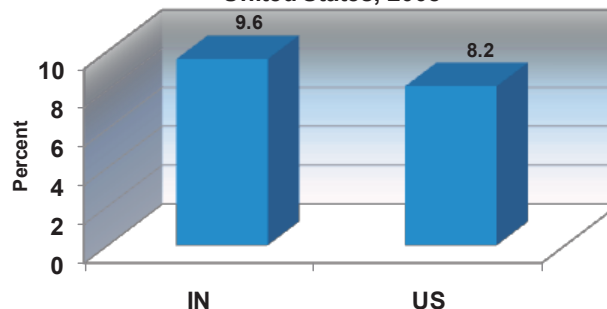
Here is a summary of the diabetes impact in Indiana:

- In 2008, 9.6% of Indiana's adult (18 years of age and older) population reported that they have been diagnosed with diabetes compared to the national average of 8.2 %. This value includes individuals with type 1 and type 2 diabetes.
- It is estimated that 2.9% of the Indiana adult population have undiagnosed diabetes.
- It has been reported that 0.2% of Hoosier children and adolescents (under 18 years of age) have been diagnosed with type 1 diabetes.
- Diabetes was the 7th leading cause of death in Indiana in 2007. It was the 4th leading cause of death for non-Hispanic blacks, 7th for non-Hispanic whites and 8th for Hispanic individuals.
- The average annual health care cost for a person with diabetes in the United States was \$11,744 in 2007, compared with \$2,935 for a person without diabetes.

Prevalence of Diabetes in Adults, Indiana, 1999-2008



Diabetes Prevalence in Adults, Indiana and United States, 2008



To access the diabetes burden report, visit www.in.gov/isdh/23942.htm.



Indiana State
Department of Health

NOVEMBER is American Diabetes Month - Get Involved!

According to the Centers for Disease Control and Prevention, nearly 24 million Americans have diabetes, and about 6 million of them are unaware of their disease. With obesity on the rise, millions more are at risk of developing diabetes. Diabetes is a leading cause of kidney failure, blindness and amputations, and a major cause of heart disease and stroke.

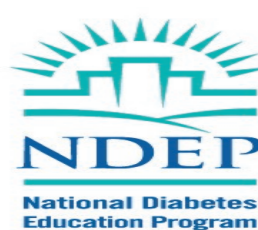
To help combat this disease and its complications, many organizations have developed tools for American Diabetes Month in November. The **American Diabetes Association** is asking: *How will you Stop Diabetes®? The future is in your hands.*

Last November, the American Diabetes Association launched Stop Diabetes, with the goal of having 1 million people join the movement in the first year. So far, more than 616,000 people around the country have pledged to join the fight against diabetes.

There are plenty of ways you can become involved in American Diabetes Month and the Stop Diabetes movement this November. Tools are now available to help spread the word for companies, community organizers and health care professionals.

Beginning October 15, discover more ways to become engaged in American Diabetes Month by visiting www.stopdiabetes.com or calling 1-800-DIABETES. You can also post a 30-second video to the website to "Share Your Vision to Stop Diabetes." The top three finalists will receive prizes, including the exciting opportunity to be part of a Stop Diabetes public service announcement.

For additional ADA resources, including new American Diabetes Month fact sheets, color and black and white posters, newsletter information, and a PowerPoint presentation, visit www.diabetes.org/in-my-community/programs/american-diabetes-month.



The **National Diabetes Education Program** will mark National Diabetes Awareness Month by promoting awareness and prevention messages that emphasize having a family history of diabetes as a risk factor for developing type 2 diabetes.

The NDEP National Diabetes Awareness Month outreach campaign will use real people telling their personal stories about diabetes prevention and managing increased risk due to family history of type 2 diabetes and/or gestational diabetes. These materials will build on NDEP's popular approach for the [Managing Diabetes 2009 campaign](#), which featured testimonials from real people living with diabetes.

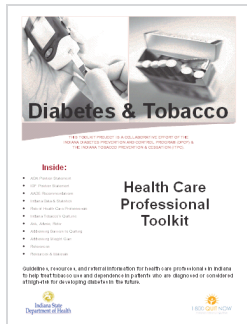
You can join the campaign by using NDEP messages, tools and resources to promote National Diabetes Awareness Month activities in your area.

Download a complete partner tool kit to learn more about outreach activities such as:

- [Getting Started](#) - First time planning Awareness Month activities? NDEP can help you get started with exciting ideas for promoting the NDEP National Diabetes Awareness Month campaign in your area.
- [Working with the Media](#) - NDEP has great resources to help you work better with the media such as tips on working with newspapers, television stations, or radio outlets. There are also suggestions for promoting an event, preparing for an interview, using social media such as Facebook or Twitter to promote the event, and talking points on prevention, control, and gestational diabetes.
- [Campaign Materials](#) - From posters to public service announcements, ready-to-use articles to web banners, NDEP has what you need to promote National Diabetes Awareness Month in your area!

For more information or to download materials, go to <http://ndep.nih.gov/partners-community-organization/campaigns/family-history/index.aspx>.

NEW Diabetes & Tobacco Toolkit Available



The Diabetes and Tobacco Health Care Professional Toolkit is a collaborative project of the Indiana State Department of Health's Diabetes Prevention and Control Program (DPCP) and Indiana Tobacco Prevention & Cessation (ITPC). The Toolkit provides health care professionals with information on diabetes and tobacco guidelines, data and research on diabetes and tobacco, smoking cessation (QuitLine) resources, and referral information to help treat tobacco use and dependence in patients who are diagnosed or are considered at high-risk for developing diabetes in the future.

To access the toolkit, please our website at www.diabetes.IN.gov.

Diabetes Empowerment Education Program Training A Success!

The Indiana Latino Institute and the Indiana Tobacco Prevention and Control Program recently collaborated in a Diabetes Empowerment Education Program (DEEP) training with a Tobacco Control Module. This was a comprehensive three-day workshop held at the end of September 2010, with the goal of training community health workers to become lay leaders in diabetes self-management education and tobacco control. Twenty-six participants representing 13 statewide organizations completed the training and are returning to their local communities to educate people with diabetes in self-management behavioral skills and tobacco cessation efforts.

Organizations that attended the workshop include:

- Elkhart County Health Department
- Health Visions Midwest (Great Beginnings)
- Health Visions of Fort Wayne
- Healthy East Chicago
- Indiana Latino Institute, Inc.
- Indiana Minority Health Coalition
- Lake County Minority Health Coalition
- Minority Health Coalition of La Porte County
- Saint Joseph County Minority Health Coalition
- Sister Maura Brannick, CSC, Health Center
- St. Catherine Hospital
- Wayne County Minority Health Coalition
- Women Empowered for Divine Destiny



Congratulations to all those who completed the training!

About DEEP

The Diabetes Empowerment Education Program is an evidence-based community education program that was developed by the Midwest Latino Health Research, Training and Policy Center at the University of Illinois at Chicago. DEEP is conducted by community health workers in a wide variety of community-based settings, and although it was originally developed to help improve self-management skills in Hispanics/Latinos with type 2 diabetes, the program is being implemented in other minority populations as well.

For more information about DEEP, visit http://mlhrc.csw.uic.edu/index.php?option=com_content&view=article&id=3&Itemid=77&lang=en.



New AHRQ Diabetes Resources Available

Hospital Stays for Patients with Diabetes, 2008



The Agency for Healthcare Research and Quality (AHRQ) published a report presenting hospital utilization data among patients with diabetes in 2008. The report compared hospital stay factors between patients with diabetes and patients without diabetes in terms of length of stay, average and total hospital costs, payer information, and comorbidities. Hospitalization rates for patients with diabetes per 100,000 persons were examined by region and income quartile at the patient ZIP code level.

Highlights of the report include:

- In 2008, nearly one in five hospitalizations were related to patients with diabetes, totaling over 7.7 million stays and \$83 billion in hospital costs.
- Hospital stays for patients with diabetes were longer, more costly, and more likely to originate in the emergency department than stays for patients without diabetes.
- Among hospitalized patients, the number of comorbidities was twice as high for patients with diabetes as for patients without diabetes (2.6 comorbid conditions for patients with diabetes vs. 1.3 for those without diabetes).
- Five of the top 10 principal diagnoses among patients with diabetes were circulatory disorders: congestive heart failure, coronary atherosclerosis (hardening of the arteries), acute myocardial infarction (heart attack), nonspecific chest pain, and cardiac dysrhythmias.
- Medicare covered almost 60 percent of total hospital costs for patients with diabetes, followed by private health insurance which covered 23 percent of total diabetes-related hospital costs.

To access the full report, go to www.hcup-us.ahrq.gov/reports/statbriefs/sb93.jsp.



Free Spanish Health Guides for Patients

AHRQ recently released a series of **FREE** evidence-based guides designed to help Spanish speakers understand and compare the risks, benefits and side effects of treatments for eight health conditions, including diabetes. The guides provide valuable information that patients can use in talking with their healthcare providers. Half of the topics cover health issues specifically for women, including guides on controlling gestational diabetes during pregnancy; other guides cover treatments for high cholesterol, osteoarthritis of the knee and the use of insulin analogues for treating type 2 diabetes.

“Many Spanish speakers don’t have access to credible, easy-to-understand information about health care conditions and their treatment options, and that can be a significant barrier to seeking medical care,” according to Carolyn M. Clancy, M.D., AHRQ director. “These guides represent important resources that will help encourage patients to seek care and work with their doctors to discuss all of their treatment options.”

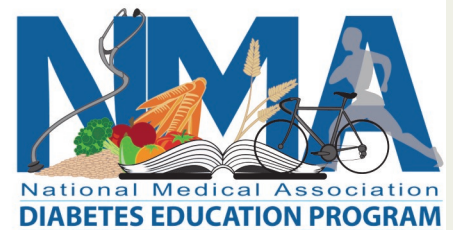
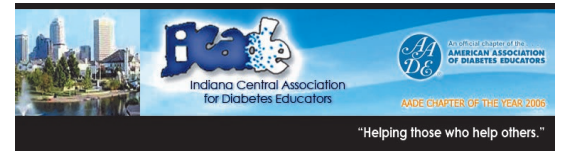
Dr. Clancy also stated that AHRQ’s 2009 [National Healthcare Disparities Report](#) shows that while the quality of health care is slowly improving for the nation as a whole, for many measures the report tracks, it is getting worse for Hispanics.

To download the guides, go to www.ahrq.gov/news/press/pr2010/patguidesppr.htm.

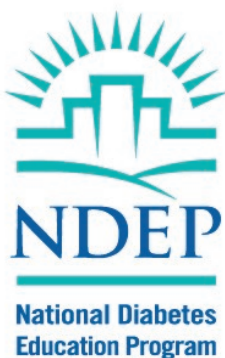
Collaborative Partners*



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Indiana Hospital Association



Health and Human Services Commission
Indiana State Department of Health
Division of Chronic Disease
Diabetes Prevention and Control Program

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If you would like to be added to the email mailing list to receive this quarterly newsletter, please e-mail the Diabetes Prevention and Control Program at diabetes@isdh.IN.gov.